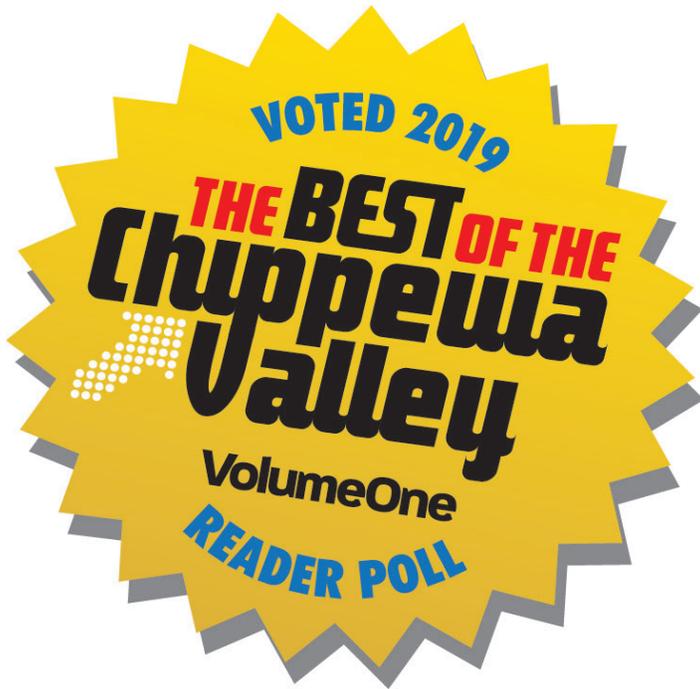


**STUCKY**  
CHIROPRACTIC

# HEALTHY LIVING NEWSLETTER

It is the mission of Stucky Chiropractic Center to educate as many men, women, and children to the life and health enhancing benefits of chiropractic care and improve our world by having a positive influence on each individual we serve.



## We Thank You

We would like to send out a big thank you to all of our patients and supporters who voted for us in the Best of the Chippewa Valley. Stucky Chiropractic Center has now been voted Best Chiropractor for 11 years in a row! Thank you for the continued confidence and support in our clinic.



### Feet: The Foundation for Fitness

Excerpts from Dr. Mercola

By the time you reach the age of 50, your feet will have traveled about 75,000 miles. With this type of wear and tear, it's no wonder that eight in 10 Americans have experienced a foot problem, while one in four say they are unable to exercise due to pain in their feet.

Unfortunately, despite the fact that 25 percent of your bones are located in your feet and ankles, and your feet are the foundation of your body, where most movement begins, many people neglect to properly care for their foot health.

While you probably know you should be exercising the muscles in your arms, legs, back, and torso, when's the last time you exercised the muscles in your feet? Without proper muscle strength in your feet, your body may become imbalanced or instable.

(See "Feet: The Foundation for Fitness" Pg. 2)

## March 20th... the First Day of Spring!

### 5 Tactics for Surviving the Spring Allergy Season

- A healthy diet, stress relief and exercise will form the foundation upon which your immune system can function in an optimal manner to best relieve allergy symptoms and lessen reactions
- Natural remedies including Vitamin C, Quercetin and hot peppers may offer relief from allergy symptoms
- Limiting your exposure to pollen both indoors and out is important for reducing spring allergies

(See "5 Tactics for Surviving the Spring Allergy Season" Pg. 4)

# Top 7 Kitchen Essentials

Excerpts from Dr. Mercola

- Healthy cooking oils and dietary fats to stock your kitchen with include coconut oil, grass fed butter, organic ghee, lard, tallow and extra-virgin olive oil.
- Homemade bone broth speeds healing and recuperation from illness, promotes gut health, fights inflammation, supports joint health, promotes weight loss, and improves sleep and brain function.
- Apple cider vinegar is rich in bioactive components that give it potent antioxidant, antimicrobial, and many other beneficial properties.
- Top spices for flavor and medicinal properties include Himalayan salt, Indian long pepper, turmeric, cumin, ginger, and mustard seed.
- Use ceramic knives to prevent browning, ceramic pots and pans to avoid exposure to toxins and dangerous metals, glass food storage containers to avoid plastic chemicals, and separate cutting boards for meat and produce to prevent pathogenic cross-contamination.



Coconut oil benefits include: great source of energy, stimulates metabolism, and has positive effects on your heart properties.



Himalayan salt benefits include: regulating blood pressure, supporting adrenal glands, and helping your brain communicate with your muscles.



Bone broth benefits include: speeding recuperation from illness, fights inflammation, supports joint health, promotes weight loss, and improves sleep and brain function.



Black pepper benefits include: anti-inflammatory, antioxidant, antibacterial, fever-reducing, and immune system-enhancing properties.

Certain kitchen utensils have health impacts. Consider using: ceramic knives, nontoxic cookware, glass containers, and separate cutting boards for meat and veggies.



Apple cider vinegar benefits include: blood sugar control, helps with heart health, weight management, sinus congestion, sore throat, energy boost, and immune support.



Some other medicinal spices include: turmeric, ginger, cumin, and mustard seed.

<https://articles.mercola.com/sites/articles/archive/2019/01/28/kitchen-staples.aspx>

## What better way to celebrate *St. Patrick's Day* than with *Greens?*

- Greens are a daily drink with the antioxidant power of 20+ servings of fruits and vegetables.
- Provides a super blend of 100% natural fruit and vegetable extracts, vitamins, enzymes, and symbiotic intestinal flora - high in antioxidants, lignans, and phytonutrients.



## Feet: The Foundation for Fitness...



Further, the most common cause of foot injuries are overuse or doing too much without proper support, according to an American Podiatric Medical Association (APMA) spokesman.

While you might not think about it, everyday walking is a repetitive movement that can lead to injury if you're not using the proper form and posture – and if your foot muscles are out of shape. Simple foot exercises can make a big difference.

### How to Strengthen the Muscles in Your Feet

About 15 minutes is all it takes to give your feet a proper workout. You can try the following exercises:

- Pick up a washcloth, towel, or marbles with your feet, which helps build arch strength
- Stand on one foot for 10 seconds, which helps build core strength
- Spread, point, and individually lift your toes
- Roll a tennis ball under your foot
- Stand on tiptoe, which helps strengthen your calves

### How You Walk Matters for Your Whole Body

To walk properly, you need to concentrate on two factors. First, you need an active foot strike; secondly you need an "open ankle." This will create correct posture, all the way from your ankle to your hip, and upwards through your body. From a functional standpoint, it helps you get the correct alignment between your foot, your knee, and your hip.

Proper tracking or alignment helps protect your joints during movement. This includes your knees, hips, and lower back. By stimulating the correct muscle recruitment during your walk, you also give your glutes and leg muscles a better workout while simultaneously lengthening those muscles. This will help reshape your body in a pleasing way.

### Your Choice of Footwear Impacts How You Move

Surprising as it may sound, some research suggests modern running shoes, with their heavily cushioned, elevated heels, may actually encourage runners to strike the ground with their heel first – a move that generates a greater collision force with the ground, leading to an increased potential for injury.

### Daily Walking Is Key for Good Health

Regular walking has many surprising health benefits, not the least of which is that it gets you up and moving instead of sitting. The medical literature now contains over 10,000 studies showing that frequent, prolonged sitting – at work, commuting, and watching TV – significantly impacts your cardiovascular and metabolic function.

### 7 More Easy Moves to Care for Your Feet

1. Single-Leg Balance
2. Active Toe Spreading
3. Great Toe Lift
4. Walk on the Pillow Train
5. Wheelies
6. Passive Toe Spreading
7. Top of the Foot Stretch

<https://fitness.mercola.com/sites/fitness/archive/2015/04/17/feet-fitness-foundation.aspx>

## Ideal Protein Open House Dates



Monday, March 4 - 6:30 PM



Wednesday, March 6 - 12:30 PM



Monday, March 18 - 6:30 PM



Wednesday, March 27 - 12:30 PM

Ideal Protein is designed to benefit you! Learn how you can get back to your healthy self by attending one of our complimentary Ideal Protein Workshops.

Start down the path to a happier, healthier you!  
Visit [stuckyweightloss.com](http://stuckyweightloss.com) for more information.

weight loss  
encouragement  
coaching  
strength  
increased energy  
better sleep  
muscle  
accountability  
confidence  
Health Benefits  
rewarding  
achievement  
feel good  
set goals



## 5 Tactics for Surviving the Spring Allergy Season

Excerpts from Dr. Mercola

If you're tired of suffering through what should be one of the most pleasant times of the year, here are some of the best survival strategies to add to your allergy-fighting arsenal:

### 1. Limit Pollen Exposure

- Avoid clothing made of synthetic fabrics
- Exercise outdoors before dawn, in the late afternoon, and/or early evening, as pollen counts are at the lowest at these times.
- Reduce your exposure to indoor allergens

### 2. Try Natural Remedies

- Hot Peppers
- Quercetin
- Butterbur
- Vitamin C

### 3. Nasal Irrigation

- Use a neti pot to cleanse your sinuses of irritants

### 4. Homeopathy

- Miniscule doses of plants, minerals, animal products, or other compounds that cause symptoms similar to what you are already experiencing.

### 5. Diet, Exercise, and Stress Relief

<https://articles.mercola.com/sites/articles/archive/2016/04/11/surviving-spring-allergy-season>.

## MARCH IS NATIONAL BRAIN INJURY AWARENESS MONTH

It is important to understand how the brain and body communicate in order to understand why post-concussion syndrome can have such long lasting effects. The brainstem is the body's information highway. The area where it connects to the spinal cord is extremely small. It runs through the two bones of the upper neck vertebrae called the atlas and axis or C1 and C2. Even if those bones are misaligned by a 1/4 of a millimeter, communication to the brain and body can be distorted.

If you, or someone you know, is suffering from a traumatic brain injury the doctors at Stucky Chiropractic Center have the training and tools to help in recovery.

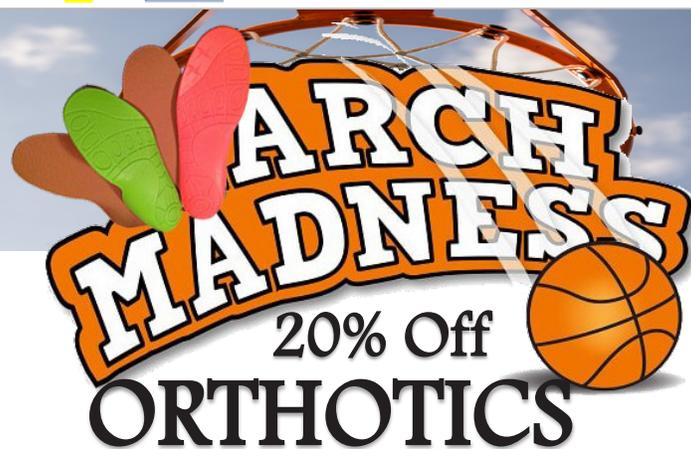


<https://uppercervicalawareness.com/post-concussion-syndrome-relieved-chiropractic/>

## REBUS PUZZLE

1. Injury + Insult	2. Weather Bit
3. yourballcourt	4. B Cat & ga
5. T B Bush A E	6. 1. Blame 2. Blame 3. Blame
7. belly	8. ri poorch
9. mce mce mce	10. <b>MONSTER!</b>

"Whatever the mind can conceive and believe, it can achieve."  
-Napoleon Hill



**DON'T NEGLECT YOUR FEET...**  
they are the **FOUNDATION FOR WELLNESS**



**GET YOUR COMPLIMENTARY FOOT SCAN Today!!**